		Time											
Respiratory Rate (breaths per minute)	**A !**	>= 36											
		30-35											
	ER	25-29											
	Doc	20-24											
		15-19											
		10-14											
	A !	5-9											
		≤ 4											
O_2 Saturation (a.k.a. SpO_2, in %)		≥ 95											
	Doc	90-94											
	ER	85-89											
	A !	≤ 84											
(other cause, not COVID)	**A !**	200+											
	Doc	190-19											
		180-18											
Blood Pressure (mmHg, systolic)		170-17											
		160-16											
		150-15											
		140-14											
		130-13											
		120-12											
		110-11											
(only if abnormal)	Doc	100-10											
	ER	90-99											
		80-89											
	A !	70-79											
		60-69											
		≤ 60											
Heart Rate (beats per minute) **(while resting !)**	**A !**	≥ 140											
	ER	130-13											
		120-12											
	Doc	110-11											
		100-10											
		90-99											
		80-89											
		70-79											
		60-69											
		50-59											
	ER	40-49											
	A !	30-39											
Temperature (°C) ☐ Mouth ☐ Anus ☐ Ear (infrared)	ER	≥ 40											
	Doc	39.1-40											
	>2 day	38.1-39											
		37.1-38											
		36.1-37											
		35.1-36											
	Doc	≤ 35											
Consciousness		Alert											
	ER	Voice											
	A !	Pain											
		Unresp.											
Confusion	ER												
Pain (0-10)													

	(°F)
≥104	
102-104	
100-102	
99-100	
97-98	
95-96	
≤95	

(potential) COVID-19 diary, www.covid-at-home.info

Patient Name : ☐ **SARS-CoV-2 positive**

Date of Birth : Male / Female

Today's date : Patient weight: kg

In the table to the left you can note any measurements. Simply ignore the fields for which you have no measurements. The colors in the chart (or the notes in the left header if this is a black and white print) will tell you what measurements should be cause for concern. "Doc" (orange) means it's time to visit or call a doctor outside of a hospital setting. "ER" (red) means it is recommended to present the patient to a hospital Emergency Room for evaluation, "A !" (purple) means call your emergency number for an ambulance.

If values are all in the white range, you should have some confidence that the patient can stay at home for now. Note that for temperature, as well as for some other values, there's more guidance in the text at www.covid-at-home.info. Note that this diary cannot cover everything. If you worry about the patient for whatever reason, seek help.

Notes: (What food at what time? Is patient drinking / urinating enough? Any medication?)